

# Claims

- [c1] 1. A device for teaching the self-administration of energy psychology or tapping comprising  
a toy having a head and torso;  
said head and torso exhibiting indicia at locations  
that correspond to known meridian and chakra  
points on the human body.
- [c2] 2.The device of claim 1 wherein said toy further  
comprises arms each having five fingers and wherein  
said arms and fingers also exhibit indicia that corre-  
spond to known meridian and chakra points on the  
human body.
- [c3] 3.The device of claim 1 wherein said toy further  
comprises legs and wherein said legs also exhibit in-  
dicia that corresponds to known meridian and chakra  
points on the human body.
- [c4] 4.The device of claim 1 wherein said toy is a stuffed  
animal.
- [c5] 5.The device of claim 1 wherein said toy is a puppet.
- [c6] 6.The device of claim 1 wherein said toy is a fanciful

character.

- [c7] 7.The device of claim 1 wherein said indicia are visual.
- [c8] 8.The device of claim 1 wherein said indicia are tactile.
- [c9] 9.The device of claim 1 wherein said indicia are selected from a group comprising colors, spots, freckles, dimples, bumps, fur, warts, calluses and tentacles.
- [c10] 10. A method of teaching the self-administration of energy psychology or tapping therapy to relieve a disturbance or discomfort comprising the steps of
  - ascertaining the nature and intensity of a subject's disturbance or discomfort;
  - determining in accordance to known teachings the meridian and chakra points most appropriate to relieve the disturbance or discomfort;
  - teaching said subject to self-administer said therapy using a toy having at least a head and torso exhibiting indicia that correspond to known meridian and chakra points on the human body.
- [c11] 11. The method of claim 10 further comprising determining in accordance with known teachings the

sequence in which to tap said meridian and chakra points.

[c12] 12. The method of claim 10 wherein the step of teaching the subject to self-administer the therapy further comprises the steps of

- (1)demonstrating said therapy by tapping said indicia on said toy corresponding to said meridian and chakra points identified as most appropriate to relieve said disturbance or discomfort;
- (2)demonstrating said therapy on said subject by tapping said meridian and chakra points identified as most appropriate to relieve said disturbance or discomfort;
- (3)stimulating said meridian and chakra points on said subject by tapping said points with said toy;
- (4)directing said subject to tap said indicia on said toy that correspond to said meridian and chakra points; and
- (5)directing said subject to tap in sequence and cadence said meridian and chakra points on said subject's own body at the same time as said teacher taps said indicia on said toy corresponding to said same meridian and chakra points.

[c13] 13.The method of claim 10 comprising steps (1) through (5) in any order.

- [c14] 14. The method of claim 10 comprising steps (1), (2) and (4) only.
- [c15] 15. The method of claim 10 comprising steps (1) and (4) only.
- [c16] 16. The method of claim 10 comprising steps (2) and (4) only.
- [c17] 17. The method of claim 10 comprising steps (1), (2) and (5) only.
- [c18] 18. The method of claim 10 comprising steps (2) and (5) only.
- [c19] 19. The method of claim 10 wherein the toy is selected from a group comprising dolls, animals, fanciful characters and puppets.
- [c20] 20. The method of claim 10 wherein the indicia are selected from a group comprising colors, spots, freckles, dimples, bumps, fur, warts, calluses and tentacles.